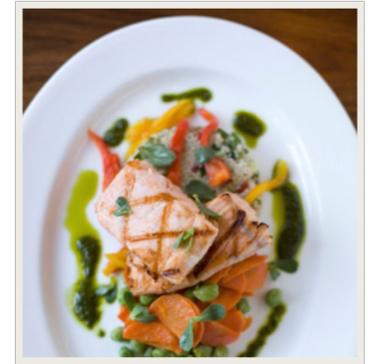


Commodity Foods Distribution Program

AUGUST 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
8:00am - 4:00pm	Ak-Chin 7:00am - 7:45am 8:00am - 4:00pm	WAREHOUSE CLOSED	District 7 7:00am - 7:45am Santa Cruz 8:15am - 9:30am 1:00pm - 4:00pm	8:00am - 4:00pm		Warehouse Is Closed During Lunch Hour: 12pm - 1pm
8	9	10	11	12	13	14
8:00am - 4:00pm	8:00am - 4:00pm	8:00am - 4:00pm	8:00am - 4:00pm	8:00am - 4:00pm		
15	16	17	18	19	20	21
1:00pm - 4:00pm	8:00am - 4:00pm	8:00am - 4:00pm	8:00am - 4:00pm	8:00am - 4:00pm		
22	23	24	25	26	27	28
8:00am - 4:00pm	8:00am - 4:00pm	8:00am - 4:00pm	8:00am - 4:00pm	8:00am - 4:00pm		
29	30	31				
8:00am - 4:00pm	8:00am - 4:00pm	WAREHOUSE CLOSED				
<p>NOTES: Warehouse Hours Are Shown In Blue Warehouse Is Closed During Lunch Hour: 12pm - 1pm Warehouse Will Be Closed: Aug. 3, 31 Last Issuance Date: 8/30/22 USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER</p>						



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August is National Sandwich Month



Tips for Healthier Sandwiches:

Choose whole grains. Vary the taste and texture of sandwiches with whole grains. Grains provide many nutrients vital for health, such as dietary fiber, B vitamins, and minerals. Try out different ways to hold sandwich fillings with pita pockets, bagels, tortillas, and whole wheat or rye breads.

Use food labels. The color of a product isn't always a good indicator of whether it's a whole grain. Bread can be brown due to molasses or other added ingredients. Choose foods with these ingredients that are listed first on the ingredient list: *brown rice, oatmeal, wild rice, whole-grain corn, whole oats, whole rye or whole wheat*. Choose bread with more than 3 grams fiber/serving

Try different fillings. Instead of mixing shredded tuna, turkey, or chicken with mayonnaise, use low-fat plain yogurt. For added flavor and crunch, add chopped onion, celery, and cucumber or pickle. Instead of the traditional peanut butter and jelly sandwich, try peanut butter and sliced banana.

Sandwich spreads. Use different sandwich spreads to kick up the flavor and nutrition. Go easy on high calorie spreads such as mayonnaise, margarine, butter, and cream cheese. Instead, try low-fat plain yogurt, different flavors of hummus, mustard or honey mustard, or light dressing.

Go lean with protein. Choose lean turkey, roast beef, ham, or low-fat luncheon meats for sandwiches instead of luncheon/deli meats with more fat, such as regular bologna or salami. Processed meats such as hams and luncheon or deli meats have added sodium. Check the ingredient and Nutrition Facts Label to help limit sodium intake.

Boost nutrition with tasty toppings. Give your sandwich a nutritious boost by adding vegetables or fruit. Different veggies include spinach, arugula, sliced zucchini, cucumber, green or red peppers, red onion, and grated carrots. Fruits to try on sandwiches include sliced apples, pineapple, and banana.

Tuna melt:

2 (5 ounce) cans tuna in water, drained; ¼ cup light mayonnaise; 1 stalk celery, thinly sliced
2 Tbsp. onion, chopped; 2 Tbsp. dill pickle relish; red pepper flakes, pepper, &/or Salt, to taste
2 Tbsp. margarine; 8 slices whole wheat bread; 4 sl. Tomato; 4 sl. cheese

Mix all ingredients except last 4; Spread margarine on one side of each bread slice. Place margarine side of bread on the skillet. Top plain side of bread with ½ c. of tuna. Top tuna with one slice each of tomato & cheese. Top with a second slice of bread, margarine side facing up. Repeat with remaining sandwiches. Heat skillet over medium heat*. Cook sandwiches until brown. Flip and repeat on the other side.